

# Weekly Cell Guide

Leader's Copy

**Series** - Open Topic  
**Topic** - Rebuilding the Walls of our  
Conversations (James 3:2-12)

**Date** - 19-Jul-2020  
**Speaker** - Ps Ernie Song

---

## WELCOME [15 min]

You may want to look up the following websites for *icebreakers* suitable for your cell.

[Ice Breakers 1](#)

[Ice Breakers 2](#)

---

## WORSHIP [15 min]

You may select songs like

1. Purify My Heart
  2. May The Words of My Mouth
- 

## BIBLE READING PLAN [10 min]

Take some time to talk about the Bible Reading Plan. The time of sharing can include the following:

- a) How's everyone's progress so far?
  - b) What are some things that God has spoken to you through the various readings?
- 

## WORD [45 min]

### **Spiritual Objectives**

At the end of the sermon discussion, cell members will:

1. Reflect on the power of words;
2. Examine the spiritual condition of their hearts; and
3. Seek the Holy Spirit's wisdom to guide their tongues.

### **Sermon Summary**

The following are the key points of the sermon:

1. Your Tongue, Your Responsibility (vv. 2 – 4)
2. The Tongue has Tremendous Potential for Good or Evil (vv. 5 – 8)
3. Your Tongue Reveals What's Underneath the Surface (vv. 8 -12)

We need the Holy Spirit's wisdom to guide our tongues.

---

### **Sermon Recap (Full Summary)**

The Circuit Breaker has forced families to spend more time together. While this is the best of times for tight knitted families, the news also reported a rise in domestic disputes for struggling families and marriages with many ending in divorces. The key issue is communication and the use of our tongues.

#### **1. Your Tongue, Your Responsibility (vv2-4)**

- Situations do not make us say nasty things. Those are our choices.
- How we use our tongue determines our character and ultimately, our destiny.
- Application: Fast from bad speech patterns for the next 21 days (eg. gossips, curse words, anger fuelled words, etc).

#### **2. The Tongue Has Tremendous Potential for Good or Evil (vv5-8)**

- When used negatively: Negative words release stress and anxiety-inducing hormones.
- When used positively: “Exercising positive thoughts can quite literally change one’s reality” – Dr Andrew Newberg.
- Context of James 3 – James is asking the persecuted church to practice positive speech patterns towards those who persecute them!
- Application: Replace bad speech patterns (curses) with positive speech patterns (blessings). Seize opportunities to use good speech patterns – to speak well of others, to bless others, to affirm and encourage others, etc.

#### **3. Your Tongue Reveals What’s Underneath the Surface (vv8-12)**

- A problem with the tongue reveals that there’s a problem in your heart.
- Communication problems are spiritual problems.
- Application: If you struggle to control your tongue, it may be an indication of a deeper root issue. Deal with the root issue first.

### **Conclusion**

We need the Holy Spirit’s wisdom to guide our tongues – see James 1:5. Let us make purified and sanctified conversations a new normal in our families and relationships as we emerge from the COVID-19 Stage 2!

### **Discussion Questions**

- 1. Share a time when a kind/unkind word was spoken to yourself (by you or someone else). What was the impact and your experience? [15 mins]**

#### Leaders’ Notes

*This is a relate question and there are various angles leaders can take – they can choose when kind words or unkind words were spoken, whether members had spoken it to others or themselves, or if others had said these words to members. Leaders can also ask members to further elaborate on the impact it had on them and how they continue to carry / remember it to this day. Leaders can point the members back to the various pointers as they share – We have a responsibility for what we speak, the power it has and how it reveals our thoughts / beliefs.*

#### Transition (Wrapping Up & Moving to the Next Question)

There is power in our words and it is something we can steward with God’s grace.

2. **Read James 1:26. Our words reveal our spiritual condition. What is the spiritual condition of your heart today?** [15 mins]

Leaders' Notes

*This is a reflect question for members to reflect on their speech and more deeply, on their spiritual condition. Is there an area of their lives where they are pronouncing curses or thinking bad thoughts about people? Members can also use this time to think through what the possible triggers are or if there are any reasons (past experiences, family of origin, values or beliefs) that may have resulted in their reactions. Leaders can ask members to commit this to God and ask Him for wisdom to grow through the difficult challenges they have faced. Leaders can also encourage members to think with the lens of conviction and compassion, and not one of condemnation as they take time to reflect.*

Transition (Wrapping Up & Moving to The Next Question)

It takes courage for us to reflect and share authentically on our spiritual conditions and to allow God to work in our lives. God sees the desire of our hearts to grow in Him and in our relationships with others.

3. **Ps Ernie shared various responses we could take to rebuild the walls of our conversations. Share if there is an aspect you would like to focus on, or a particular relationship you would like to ask for prayer support as you take the steps to rebuild the walls of our conversations.** [15 mins]

Leaders' Notes

*This is a response question for members to share and receive prayer for. Some may struggle with areas of communicating with their children, navigating conversations with a difficult individual, etc. Leaders can also choose to spend time to elaborate more (i.e., what are bad and good speech patterns for specific situations) and ask for suggestions from fellow cell members as well on how to navigate through specific situations.*

Closing

We have the power to build up or tear down. Let us submit to God the areas that we have been hurt and allow Him to heal us, and turn to Him for strength to rebuild the areas of our lives, especially in our conversations, for His glory. Let us persevere to make healthy speech patterns a new normal in our relationships, especially in our families and marriages.

---

## WORKS [10 min]

Let's pray:

**1. Response to Message**

- Pray that we practice God's presence daily and seek His guidance to guide our tongues.
- Prayerfully commit to fast from bad speech habits, such as cursing or gossip, and replace them with words of blessings that build up.
- Pray for the Holy Spirit to reveal to us any hidden baggage underneath the surface that is affecting our conversations so that we can deal with them.

## 2. COVID-19 – Phase 2

- Pray for all families in need or distress because of COVID-19 that they would be comforted and strengthened by God and His people in their difficulties.
- Pray for God to bless and safeguard Singapore so that the economy can rebound and those seeking employment will have doors opened for them.
- Pray that we will sustain our collective efforts to prevent a second wave of infections and bring the community cases down.

---

## ANNOUNCEMENTS

### 1. Bible Reading Schedule

You can obtain the latest Bible Reading Schedule by visiting [www.riverlife.org.sg/brp](http://www.riverlife.org.sg/brp).

### 2. We Belong

Riverlife E-Gathering And 29th Anniversary  
22-23 Aug 2020

"HONOUR GOD WITH EVERYTHING YOU OWN;  
GIVE HIM THE FIRST AND THE BEST."  
PROVERBS 3:9 (MSG)

## Give Digitally

Here are two cashless ways to give your tithes and offering.

**1. PayNow**  
Log in to your bank's existing mobile banking app.  
Scan this QR code on the right.

**2. Interbank Transfer**  
RiverLife Church Bank Account:  
DBS Autosave 029-902431-0  
Bank Code: 7171  
Branch Code: 029

**SCAN ME**

### Church Vision

"A radiant disciple-making church catalysing Kingdom transformation in our communities and the nations."

### Mission

We exist to make disciples who behold Christ and reveal Him.